

# HIP ARTHROSCOPY CLINICAL PRACTICE GUIDELINE

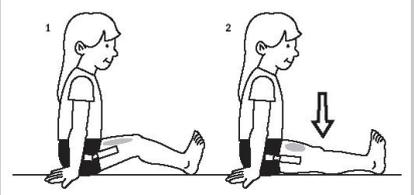
## Disclaimer

- Progression is time and criterion-based, depending on soft tissue healing, patient demographics, and clinician evaluation.
- For questions, contact Dr. Sujan Gogu’s clinic.

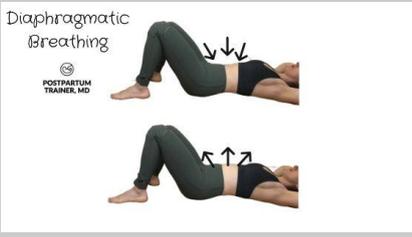
### Phase I - Initial Exercise (Weeks 1-5)

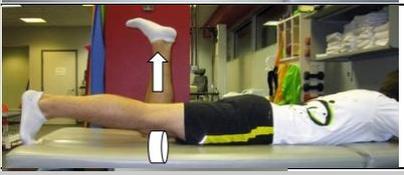
Category	Details
<b>Goals</b>	<ul style="list-style-type: none"> <li>• Protect integrity of repaired tissue</li> <li>• Restore ROM within restrictions</li> <li>• Diminish pain and inflammation</li> <li>• Prevent muscular inhibition</li> </ul>
<b>ROM Exercises</b>	<p><b>Passive hip circumduction:</b></p> <ul style="list-style-type: none"> <li>• 5min clockwise/counterclockwise each at slight flexion (10min total)</li> <li>• 5min clockwise/counterclockwise each at 30 degrees flexion (10 min total)</li> </ul>
<b>Other Exercises</b>	<ul style="list-style-type: none"> <li>• <b>“Belly time”:</b> Lie prone twice daily for 20 minutes</li> <li>• <b>Stationary bicycle:</b> Minimal to no resistance</li> <li>• <b>Aquatic ambulation:</b> Emphasize neutral ambulation</li> <li>• <b>Standing pendulum swings:</b> Active-assistive range in all directions</li> <li>• Prone prop hip flexor stretch, progressing to half kneeling hip flexor stretch by week 3</li> <li>• Posterior capsule stretching (quadruped rocks)</li> <li>• Iliopsoas release (Manual Therapy)</li> </ul>
<b>Manual Therapy</b>	<ul style="list-style-type: none"> <li>• Iliopsoas release</li> </ul>
<b>Education</b>	<p><b>Use crutches and weight bearing as tolerated:</b></p> <ul style="list-style-type: none"> <li>• Move crutch(es) forward with operated leg</li> </ul>

Category	Details
	<ul style="list-style-type: none"> <li>• Use crutches for 5-7 days, then progress to full weight bearing without discomfort</li> <li>• Begin exercises 1-2 days post-surgery</li> <li>• Apply ice to front or side of hip for 15 minutes, 3-5 times per day</li> <li>• Start physical therapy by 5-7 days post-surgery</li> <li>• Perform glute squeezes throughout the day</li> <li>• Sit with hips at 90 degrees to avoid pain or pinching at the hip</li> </ul>
<b>Precautions</b>	<ul style="list-style-type: none"> <li>• Limit prolonged standing and walking up to four weeks</li> <li>• Avoid deep squatting or heavy lifting for six weeks</li> <li>• Avoid sleeping on the operated hip; sleep on back or unaffected leg with a pillow between legs</li> </ul>
<b>Contraindications</b>	<ul style="list-style-type: none"> <li>• Do not move hip in directions causing pain, irritation, or “pinching”</li> <li>• Do not push through pain</li> <li>• Avoid sit-ups or sit-up-like motions</li> <li>• Do not use elliptical or engage in impact activities without clearance</li> </ul> <div data-bbox="651 1339 1201 1641" style="text-align: center;"> </div>

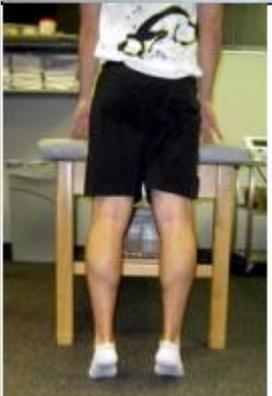
Time Frame	Exercise	Instructions	Frequency
1-2 Days After Surgery	Isometric Gluteal Exercises	<p>Squeeze buttock muscles. Hold for 5 seconds.</p> 	20 reps, 3 times per day
	Isometric Quadriceps	<p>Straighten knee down into the surface. Hold for 5 seconds.</p> 	20 reps, 3 times per day
	Isometric Hamstrings	<p>Bend knee and press heel into the surface. Hold for 5 seconds.</p> 	20 reps, 3 times per day
	Isometric	Squeeze feet together	20 reps, 3

Time Frame	Exercise	Instructions	Frequency
	External Rotation	<p>during “belly time.” Hold for 5 seconds.</p> 	times per day
	Isometric Internal Rotation	<p>Separate feet against resistance band during “belly time.”</p> 	20 reps, 3 times per day
	Ankle Pumps	<p>Flex toes up, then point down.</p> 	30 reps, 3 times per day
	Self Standing Hip Circumduction	<p>Move leg in circular motions while standing.</p>	20 circles each direction, 3

Time Frame	Exercise	Instructions	Frequency
			times/day
	Cat and Camel	<p data-bbox="762 772 1139 875">Lower stomach, roll hips forward and backward.</p> 	10 reps, 3 times per day
	Abdominal Isometrics	<p data-bbox="762 1310 1145 1473">Draw stomach in without moving hips. Hold for 5 seconds.</p> 	10 reps, 3 times per day
	Posterior Pelvic Tilts	<p data-bbox="762 1803 1134 1966">Draw stomach in, flatten lower back on surface. Hold for 5 sec.</p>	10 reps, 3 times per day

Time Frame	Exercise	Instructions	Frequency
	Terminal Knee Extension in Prone	Straighten knee with foot on toes or towel under shin. 	10 reps, 3 times per day
	Passive Hip Circumduction	Partner moves leg in circles, avoiding pinching. 	5 min each direction, 2 times/day
	Soft Tissue Mobilization	Focus on proximal and distal IT band.	8-10 minutes
<b>1 Week After Surgery</b>	Stationary Bike	Use 10-20 minutes daily, no resistance.	Daily
	Rocking on All Fours	Shift weight forward and back on hands and knees.	10 reps, 2-3 sets, 3 times per day

Time Frame	Exercise	Instructions	Frequency
			
	Isometric Hip Abduction	<p>Attempt to separate knees against resistance band.</p> 	10 reps, 3 times per day
	Isometric Hip Adduction	<p>Squeeze pillow between knees.</p> 	10 reps, 3 times per day
	Double Leg Bridges	<p>Squeeze buttocks and lift waist off surface.</p> 	10 reps, 3 times per day
	Standing Heel	Lift heels and rise onto	30 reps, 3

Time Frame	Exercise	Instructions	Frequency
	Raises	toes. 	times per day
	Single Limb Balance	Stand on one foot, maintain balance. 	30 seconds, 3 times per day
	Supine Hip Abduction Slides	Move leg to the side comfortably. 	10 reps, 3 times per day
	Supine Heel Slides	Slide foot toward buttocks, then straighten.	10 reps, 3 times per

Time Frame	Exercise	Instructions	Frequency
			day
2-4 Weeks After Surgery	Prone Hip Extension	Lay on stomach, torso on table/physio ball, feet on ground.	10 reps, 3 times per day
	Straight Leg Raise (Extension)	Perform extension. 	10 reps, 3 times per day
	Straight Leg Raise (Abduction/Adduction)	Perform abduction/adduction. 	10 reps, 3 times per day
	Leg Press/Shuttle	Start with 90° hip/knee flexion, extend using low resistance. 	10 reps, 3 times per day
	Standing Terminal Knee Extension	Straighten knee against band resistance. 	-

Time Frame	Exercise	Instructions	Frequency
	Clamshells (Sidelying and Supine)	Separate knees with resistance band. 	Until fatigue, 3 times per day
<b>Criteria for Progression to Next Phase</b>	-	Decreased edema, minimal pain with exercises, normalized gait, ROM $\geq 75\%$ , proper muscle activation	-
<b>4-6 Weeks After Surgery</b>	ROM: Continue stationary bike, mobility exercises, and manual therapy	Manual therapy: Grade III multi-angle joint mobilizations	-
<b>Strengthenin g:</b>	Double leg mini squats	Perform 10 reps, 3 sets	-
	Bridging with Swiss ball 	Perform 10 reps, 3 sets	-
	Side Abdominal Bridge/Plank	Perform until fatigue or loss of form, 3 sets	-
	Terminal Knee Extensions	Perform 20 reps, 3 sets	-

Time Frame	Exercise	Instructions	Frequency
Criteria for Progression to Next Phase	-	Single-leg stance, normalized gait without assistive device, no pain, full ROM	-

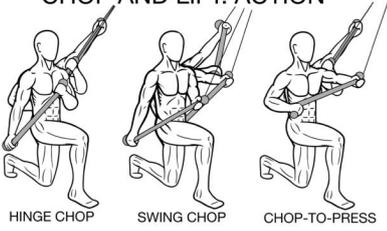
### Phase II - Intermediate Phase (Weeks 6-8)

Category	Details
Goals	<ul style="list-style-type: none"> <li>• Protect integrity of repaired tissue</li> <li>• Restore ROM</li> <li>• Increase muscle strength and proprioceptive retraining</li> <li>• Emphasize rotational strength and stability</li> </ul>
ROM Exercises	<ul style="list-style-type: none"> <li>• Continue stationary bike</li> <li>• Use stair-climber/upright elliptical for ROM and endurance</li> </ul>
Strengthening	<ul style="list-style-type: none"> <li>• <b>Partial Range Lunges:</b> Step with involved LE, drop hips, keeping knee behind toes</li> </ul>  <ul style="list-style-type: none"> <li>• <b>Single Leg Balance on Unstable Surfaces:</b> Balance on involved LE, progress to unstable surfaces</li> </ul> 

Category	Details
	<ul style="list-style-type: none"> <li data-bbox="491 275 1348 365"> <b>Step Downs:</b> Start on a 4-inch step, keep hips level, drop bottom by 4 inches           </li> </ul> <div data-bbox="651 380 1189 772" data-label="Image"> </div> <ul style="list-style-type: none"> <li data-bbox="491 790 1348 880"> <b>Single Leg Cord Rotations:</b> Balance on involved LE, pull band across body maintaining core stability           </li> </ul> <div data-bbox="726 896 1109 1115" data-label="Image"> </div>
<b>Additional Exercises</b>	<ul style="list-style-type: none"> <li data-bbox="491 1149 1348 1238"> <b>Mini Squats on BOSU:</b> Stand with legs shoulder-width apart on BOSU, perform small squats           </li> </ul> <div data-bbox="654 1249 1181 1594" data-label="Image"> </div> <ul style="list-style-type: none"> <li data-bbox="491 1619 1348 1709"> <b>Side Shuffles with Resistance Band:</b> Incorporate resistance band           </li> </ul>

Category	Details
	
Criteria for Progression	<ul style="list-style-type: none"> <li>• Improve functional strength and endurance without symptom exacerbation</li> <li>• Full pain-free ROM</li> <li>• Hip flexion strength &gt;60% of uninvolved side</li> <li>• Hip adduction, abduction, extension, internal rotation, and external rotation strength &gt;70% of uninvolved side</li> </ul>

### Phase III - Advanced Rehabilitation (Weeks 8-12)

Category	Details
Goals	<ul style="list-style-type: none"> <li>• Restoration of muscular strength/endurance</li> <li>• Restoration of cardiovascular endurance</li> <li>• Optimize neuromuscular control/balance/proprioception</li> </ul>
ROM	<ul style="list-style-type: none"> <li>• Continue with stretching and ROM exercises as tolerated</li> </ul>
Strengthening	<ul style="list-style-type: none"> <li>• Progress single limb balance on unstable surfaces</li> <li>• Progress LE and trunk strengthening from stable to unstable surfaces, including rotational components</li> </ul>
Exercise Focus	<ul style="list-style-type: none"> <li>• <b>Squat Progression:</b> Increase difficulty and depth</li> <li>• <b>Chops and Lifts:</b> Perform in various positions (Half Kneeling, Tall Kneeling, Lunge)</li> </ul> <p style="text-align: center;">CHOP AND LIFT: ACTION</p> 

Category	Details
	<ul style="list-style-type: none"> <li>• <b>Landing Mechanics:</b> Focus on proper alignment and force distribution</li> </ul>
<b>Additional Exercises</b>	<ul style="list-style-type: none"> <li>• <b>Sport cord jogging</b></li> <li>• <b>Shuttle plyometrics:</b> Progress from bilateral to single leg, straight plane to rotational</li> <li>• <b>Walking-jogging progression</b></li> <li>• <b>Swimming:</b> Avoid rotational kicks</li> </ul>
<b>Criteria for Progression</b>	<ul style="list-style-type: none"> <li>• Plyometrics without exacerbating symptoms</li> <li>• Prepare for Weeks 12-18 rehabilitation phase</li> </ul>

### Phase IV - Continuing Progress (Weeks 12-18)

Category	Details
<b>ROM</b>	<ul style="list-style-type: none"> <li>• Continue with stretching and ROM exercises as tolerated</li> <li>• Pre-exercise warm-up</li> </ul>
<b>Strengthening</b>	<ul style="list-style-type: none"> <li>• Continued neuromuscular strengthening with emphasis on hip and pelvic stability</li> <li>• Continue jogging progression</li> </ul>
<b>Exercise Focus</b>	<ul style="list-style-type: none"> <li>• <b>Full Weight Bearing Plyometrics:</b> Incorporate multi-directional agility and sport-specific drills</li> </ul>
<b>Additional Exercises</b>	<ul style="list-style-type: none"> <li>• <b>Begin multi-directional agility drills and sport-specific drills</b></li> <li>• <b>Sport-Specific Training:</b> Include drills like Caircoas, Z-cuts, W-cuts, etc.</li> </ul>
<b>Criteria for Progression</b>	<ul style="list-style-type: none"> <li>• Ability to perform sport-specific drills at moderate speed without pain</li> <li>• Achieve strength goals (Hip flexion &gt;70%, Hip abd, add, ext. IR, ER &gt;80% compared to uninvolved)</li> </ul>

### Phase V - Return to Sport (3-6 Months)

Category	Details
<b>Sport-Specific Training</b>	<ul style="list-style-type: none"><li>• Engage in specific drills like Caircoas, Z-cuts, W-cuts, etc</li><li>• Conduct Functional Testing to assess readiness for full return to sport</li></ul>
<b>Criteria for Full Return to Sport</b>	<ul style="list-style-type: none"><li>• Physician clearance at the final check-up</li><li>• Achieve strength benchmarks (Hip strength &gt;85% compared to uninvolved)</li><li>• Pass Functional Movement Screen and outcome questionnaire</li><li>• Perform sport-specific drills at maximum speed without pain</li></ul>